

# The Vulcan Advocate

"Serves the Heart of Southern Alberta's Wheat Belt"

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## Promotion Week For Jr. U.F.A. Being Observed

The week of February 23rd to 28th has been set aside as "Junior Week" by the United Farmers of Alberta and the U.F.W.A. All possible efforts will be made throughout Alberta for the promotion of the Junior section of the U.F.A. There has been an active Junior U.F.A. since its inception in 1919. This organization takes a most active part each year in the "Farm Young Peoples Week" held in June at the University of Alberta under the Department of Extension. In fact the United Farm Women of Alberta were the promoters of this week, and each year, during this week, there is one day set aside for the Junior U.F.A.'s annual convention. Except for the assistance and guidance of the U.F.A. secretary the young people carry on the business of their convention. Many conventions of senior organizations could well take an example from the orderly, parliamentary way the Juniors handle their convention, and it certainly does not lack for lively debating on resolution and business.

During the years following the end of the war the Junior U.F.A. has made very favorable strides in its development; the war years having cut down the membership in the province to a great extent because of many young people leaving the rural districts for war service. Today in the near vicinity of Vulcan there are five active Junior U.F.A. locals with an average membership of ten to fifteen. Arrowwood Mrs. Snake Valley Mrs. (Reid Hill and Berrywater), Alston Mrs., Milo Mrs., and the newly organized local at Red Cross.

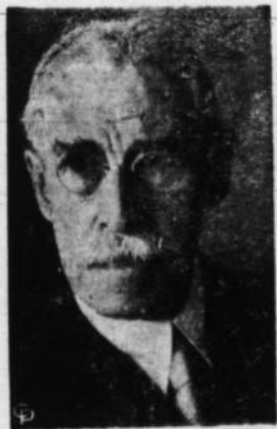
There is a good program of study pamphlets for the use of the Junior locals. These are set up by the U. F. A. head office assisted by the Junior Provincial Officers. They include a study on "Soil Conservation with material matter to cover several meetings; a well prepared pamphlet on co-operation, with the history and development of the Co-Op movement; a pamphlet of interest to both boys and girls "Your Best Foot Forward," a general study of boy and girl relations regarding etiquette and social contacts.

The complete unity of agriculture in organization work is greatly needed in this province and any assistance that can be given these Juniors will be an advancement for agriculture. They are the future farmers. The training and experience the young people receive in public speaking and debating in locals will assist them to take their place in agriculture as men and women capable of solving the economic problems affecting the life of this agricultural country.

Therefore every man and woman on the farms and, too, the citizens of the towns, should do what they can to help the Junior U.F.A. in their work. There will be several Junior meetings in the district, at which the Junior Provincial President, Orren Hart of Claresholm, will be present. Give them your support by attending and boosting their course.

Mrs. H. C. Douglass of Vulcan is the Junior U.F.A. Convenor for the province, and further information on this subject may be secured from her.

## DEAN OF EDITORS



Mr. P. D. Ross, above, publisher of the Ottawa Journal, who celebrated his 90th birthday on Jan. 1, 1948, is unquestionably entitled to the title of Dean of Canadian newspapermen. On Jan. 1, 1887, Mr. Ross bought a half-interest in the Ottawa Journal from its founder, A. S. Woodburn, and became its editor. In 1891, Mr. Ross acquired the Woodburn interest, and in 1917 the amalgamation of the Journal and the Ottawa Free Press brought E. Norman Smith, publisher of the Free Press, to the Journal as vice-president.

## Cranston Store Suffers Severe Damage By Fire

### Stubborn Fire Is Fought in 14 Below Zero Weather

Fire, which apparently started from a furnace explosion, seriously damaged the building and stock of Gordon Cranston's clothing and dry goods store Thursday morning, Feb. 19th.

After attending to the furnace Thursday morning, Mr. Cranston went outside to shovel the snow from the sidewalk and a short time later his clerk, Miss Shirley Fletcher, noticed smoke coming through the floor. Upon opening the basement door to investigate she was met by a dense cloud of smoke and immediately called Mr. Cranston, who tried to enter the basement with a fire extinguisher but was also driven back by the smoke and heat of the blaze, which by this time had gained a good hold.

He then rushed upstairs to warn the occupants of the two suites on the second floor and turned in the alarm. Firemen arrived on the scene quickly and were soon playing three heavy streams of water on the building. Great difficulty was encountered in reaching the base of the fire due to the construction of the basement, there being no point from which a stream of water could be directed on the fire from the outside. The blaze could not be seen, but the heat and smoke were such that it was impossible for men to enter the basement and remain alive.

Fire soon broke through the floor into the store, but was kept under control by a stream of water from the side window and later from the front door. By this time, fire had gained a foothold at several places inside the walls and in the rooms upstairs, coming up through the hot and cold air ducts which had originally been installed in the walls for heating purposes and later disconnected and left open.

Upwards of forty thousand gallons of water was used to fight the blaze and at one time both fire engines were in use pumping water from two different cisterns. The fire was confined entirely to the one building and was not allowed to break out anywhere. About two hundred gallons of water seeped through the cellar wall in to the Mackintosh store basement next door, extinguishing the oil burner in the furnace. This water was soon pumped out without further damage. Water was pumped out of the basement of the Cranston store to allow firemen to make an inspection for further outbreaks. Firemen stood by and equipment was kept hooked up into the middle of the afternoon, when all danger was past, and Fire Chief Jim Shortt made hourly inspections of the building until 10 p.m.

Partial insurance was carried on the stock in the store, most of which received smoke and water damage. It is understood that insurance was carried on the building, which is owned by Mrs. McLaggan of Calgary, and that rebuilding operations will commence as soon as possible. Mr. Cranston will dispose of the remaining stock in the store and will reopen for business when the building is once again ready for occupancy.

The fire brigade wish to extend thanks to Mr. Dobbs and the staff of the Imperial Hotel and to the Club Cafe for the hot coffee served and to F. M. Anderson and Fulton Bros. for mittens and gloves to replace water-soaked ones. Thanks is also extended to the many willing workers who assisted firemen and served as relief men in the 14 below zero weather.

## Canadian Appeal For Children Fund

The Vulcan Branch of the Canadian Bank of Commerce is accepting donations for the Canadian Appeal for Children Fund, which is now in progress, and donations will be received by the bank until March 31st.

The list of donations to date is as follows: Guy Denbigh \$5.00, H. C. Douglass \$10.00, J. M. Jamison \$10.00, W. R. Kennedy, Brant, \$5.00, Josephine Scobbe \$1.50.

Ten miles up there is no "weather." Every day is identical, each exactly like the one that preceded it. The sun and stars blaze brilliantly from a black sky.

## Rebekahs Honor Mrs. P. Bowie

The regular meeting of the Clover Leaf Rebekah Lodge, No. 37, was held recently with a large attendance.

At the close of the session the members repaired to the dining room, where a dainty lunch was served and a social hour enjoyed. The special feature of the supper hour was a presentation to Mrs. Pete Bowie, the retiring District Deputy President of District No. 15 after twelve years of devoted service to the lodges in her district. Mrs. A. McIver presented Mrs. Bowie with a lovely silver entree dish, and Mrs. Orville Roe made a presentation of a basket of roses and carnations to Mr. and Mrs. Bowie, in appreciation of their long and faithful service to the lodge. Both Mr. and Mrs. Bowie, to whom the presentations were a complete surprise, very fittingly expressed their appreciation of the generous gesture of their lodge members, and thanked all present.

## Scout Service at Anglican Church

Culminating Boy Scout and Girl Guide week, the Vulcan Scout Troop and Cub Pack attended Church service at St. Alhelm's Church on Sunday evening, February 22nd. There was a good attendance and the boys sang the well known hymns suitable to the occasion. The Vicar preached from the text taken from St. Paul's Epistle to the Corinthians XVI, 13:14, "Watch ye. Stand Fast in the Faith. Quit you like men. Be strong. Let all things be done with charity."

Reviewing the development of the Scout movement from its inception forty years ago, and from his own experience, he pointed out that the Scout law is based on Christ's law of love of God and our neighbor, and that a good Scout is one who shows forth the law in his own life. The Scout Flag and Banner were deposited in the Sanctuary during the service, and delivered to the Standard Bearers at the conclusion of the service after singing God Save the King.

Scoutmaster P. C. Simpson and Cubmaster M. D. Robertson wish to express their appreciation, on behalf of the Scouts and Cubs, to Rev. Lord for his co-operation and for the very fine service.

Five bars of toilet soap can be made from one pound of fat.

## Two Seats on Municipal Council Will Be Contested, March 20th

### Versluys and McLean For Division 1; Loose and Munro For Division 3

There will be a contest in two divisions of the Municipal district of Vulcan for the office of councillor, as a result of nominations received following the annual meeting on Saturday afternoon. In Division 1, Councillor R. H. Matlock is not standing for re-election, and this vacancy on the council will be contested by C. J. Versluys and Allan McLean. There were two nominations, C. W. Loose and William Munro, for the vacancy in Division 3, caused by the death last year of Councillor F. E. Bennett. In Division 4, Councillor Dan McNeven was re-elected by acclamation.

For the Vulcan Municipal Hospital Board, Alex Smith was re-elected as board member for Ward 3. Mr. Smith has served on the hospital board since the hospital district was first formed in 1927. In Ward 2, Harry Douglass was elected by acclamation. Mr. Douglass replaces Wilson Oldfield, chairman and member of the board since 1927. Mr. Oldfield, who helped organize the original hospital district and has capably served it for more than twenty years, did not stand for re-election.

Elections for councillor in Divisions 1 and 3 of the Municipality will be held on March 20th.

## FEAR FOR NEHRU



A high official in New Delhi announced over the week-end that police were moving to crash a plot to kill Prime Minister Pandit Jawaharal Nehru, above, Home Minister Sardar Vallabhai Patel and Education Minister Maulana. Abdul Kalam Azad, Nehru, Gandhi's companion in years of struggle for India's independence, was at the spiritual leader's side when he died.

## New Management At Vulcan Bakery

Mr. and Mrs. A. Pendle, proprietors of the Vulcan Bakery, have rented their business to Mr. Joe Roffler, who will take over the business the end of this month.

Mr. and Mrs. Pendle purchased the bakery business from R. R. Martin during the war. They intend to take a long overdue holiday and will leave soon to visit relatives at Olds and Hanna.

Mr. Roffler, a Navy veteran, is well known in Vulcan and for the past few weeks has been assisting Mr. Pendle in the bakeshop.

## LETTER TO THE EDITOR Endorse Idea of Old Timers Assn.

The Editor,  
Vulcan Advocate.

Dear Sir:

We noticed recently a suggestion in the Vulcan Advocate that an Old Timers Association be formed for the Vulcan district, and we think that steps to achieve this would be an excellent idea. Champion has such an organization, why not Vulcan?

As residents of one of the pioneer settlements of the district, Berrywater, 1905 onwards, we would be wholeheartedly behind any action taken towards the formation of such an association.

Yours Truly,  
Berrywater Local 195,  
U. F. A.  
Vulcan P.O., R.R. 2.

## United Church Installs Officers

In the Sunday evening worship service at the United Church the members of the Session Board and Stewards along with the officers of the various organizations in the church were installed and rededicated for the forthcoming year. The minister took the theme "Consecration" showing that all Christians should attain the same level though some may be set apart to hold special office in the church.

Despite the threatening weather which kept many country people from attending, a large number saw the picture "Beyond Our Own" in the Vulcan Theatre, Sunday evening.

Sponsored by the Vulcan Ministerial Association the program opened with a devotional, including a selection by the United Church Choir and a solo sung by Mrs. Lancaster.

The main feature was preceded by a film "Children of the City," revealing problems and suggested cures in connection with juvenile delinquency.

## The Weather

More snow fell on Sunday and sufficient drifting occurred to again block some roads. Warmer weather has been enjoyed this week. Tuesday and Wednesday temperatures were well above freezing.

## 96.6% Current Taxes Collected, M.D. Vulcan

### Annual Meeting Hears Reeve's Report; Old Folks' Home Wanted

The annual meeting of the rate-payers of the Municipal District of Vulcan, No. 29, held last Saturday afternoon, was well attended and the financial report showed that the District's finances were in good condition, with 96.6% of the current levy collected and total arrears amounting to only \$22,703.25.

Expenditures during 1947 were the greatest since the formation of the enlarged municipal district, with public works expenditures alone amounting to over one hundred thousand dollars. 50 miles of new road were gravelled, 17 1/2 miles re-gravelled and repaired and 6 miles gravelled under the three-way plan. There was an increase of \$15,000 in the government road grant.

**Old Folks Home**  
The meeting expressed itself as strongly in favor of the establishment of an Old Folks Home in this district and the municipal council was directed to work in conjunction with the town of Vulcan towards this end.

**Reeve's Report**  
Reeve's T. F. Fisher's annual report contains much information of interest and is as follows:

"Before embarking on the report of the activities of the District for the year 1947, it is my sad duty to refer to the passing of one of our Councillors. Mr. Fred E. Bennett who died of a heart attack on November 19th, 1947. Mr. Bennett was a keen councillor and an ardent supporter of all matters for the advancement of the District. He gave much of his time to his work and we miss him greatly. We as a council were deeply shocked at his sudden passing. Since the late Mr. Bennett's term expired in 1948, no steps were taken to fill the vacancy until the elections this year.

Expenditures during the year 1947 were the largest since the formation of the new Municipal District in 1943. Public Works Expenditures were \$100,157.16 which is about \$45,000.00 more than in the year 1946 and Capital Expenditures were \$38,446.39 or about \$37,500.00 more than in 1946. In our 1947 estimates we planned to use \$36,429.60 of the surplus from previous years. We actually used \$41,572.34.

Our 1947 program of the Public Works was our greatest to date. Road Graveling alone cost \$52,226.02. For this amount we gravelled 50 miles of new road, 17 1/2 miles of re-graveling and repairing; and the streets in the hamlets of Brant and Ensign. Nearly six miles of graveling was done under the three way plan of one-third from the farmers, District and Government. Two elevating grading outfits worked during the season and we obtained a considerable amount of new grades. We have now four large motor graders working the district and maintaining and servicing the roads. We believe that our general road situation compares very favorably with any in the Province. Last Spring the District was put to very heavy expense in repairing roads damaged by the heavy snow and run-off and in installing culverts. Conditions point at the present time to a great deal less expense in this connection this year. Public Works Expenditures by Divisions were as follows:

Division No. 1—\$8,729.15, Division No. 2—\$16,577.37, Division No. 3—\$19,128.59, Division No. 4—\$20,631.29, Division No. 5—\$17,146.33, General—\$19,248.64, Total—\$101,461.37

The District purchased a new Adams Motor Grader and a used Allis Chalmers Tractor, bull-dozer, and 8-11 yard scraper and two small tractors with mowers. Another item of the Capital Expenditure was \$5,552.40 covering the new work shop which is not yet completed. Last year our repair bills were very heavy. Our machinery is now in fair shape and should take care of the 1948 needs without a great deal of major repairing. The situation in respect to heavy road machinery is very poor. It is impossible to replace used machinery with new equipment and it is expected that in 1948 the situation will be even worse.

The Doctor contract in the area of the District which was the former Municipal District of Harmony commenced on June 1st, 1947. The cost of this service was

## D. H. Elton, K.C. To Speak on Community Chest

David H. Elton, K.C., past president of the Lethbridge Community Chest, will be the guest speaker at a public meeting sponsored by the Vulcan Board of Trade on Thursday, March 4, in the Legion Hall, commencing at 8 p.m.

Mr. Elton who is well known as a speaker of outstanding ability, will outline the advantages of a Community Chest, and if the meeting decides that a Community Chest is desirable for Vulcan and district, will explain the procedure for the organization.

Alex Snowdon, chairman of the Roads Committee of the Lethbridge Chamber of Commerce, will give a short talk on highways, which should be of particular interest to Vulcan residents.

This meeting is open to the public and all residents of Vulcan and district are invited to attend.

charged to the public works allocation of these two divisions in order to save the inconvenience of an extra tax notice. This year, 1948 the cost of the Doctor contract will be met by a special mill rate which will increase the taxes in that area of the Municipality.

Government Road Grants were increased from \$6,000.00 in 1946 to \$21,450.00 in 1947. The increase of \$15,000.00 was responsible to some extent for the large amount of work done.

The general prosperity of the rate-payers is reflected in the very fine collection record of the District. Our total tax arrears at the end of the year was only \$22,703.25, of this amount the sum of \$6,004.10 is for the year 1947, 96.6% of the current levy was collected.

Our surplus now stands at \$92,300.14 which is a very conservative figure. During the years since the enlargement of the District we have been using surplus from previous years to meet current expenditures. Including 1947 the total amount is \$79,774.34 or approximately \$20,000.00 a year for the past four years. In my opinion our surplus is now at a minimum. The cash assets of the District are just about sufficient to establish a working balance to carry the District without going into debt to meet current expenses. One poor collection year would wipe out our cash reserves. I believe that it will be good policy commencing with the year 1948 to keep our expenditures well within our current revenues. From now on any increase in services will be directly reflected in increased taxes. The general inflationary trend of all goods and services are reflected in increased costs of our local governments. Careful administration is more necessary now than in the past to keep our tax rates in line and consistent with the amount of services required by the community."

## School News

All students attended the Vulcan Theatre Monday morning for audio-visual lessons on such subjects as sports, health and social behavior.

About 95% of the students in the English classes have written essays for the W.C.T.U. contest. Nantonis offering special prizes for the Vulcan contestants.

Entries are now complete for the verse-speaking contest to be held on Friday, sponsored by the Athletic and Cultural Association. There are at least three entries in most of the classes, with entries from Red Cross, Reid Hill, and Champion. Mr. C. Laverty, supervisor of the Foothills S.D., will act as one of the adjudicators.

Only twenty-six students came to school on the 18th, when the blizzard struck. Town intermediate and high school students are jeopardizing their year's work by seeking such excuses to stay home and can only blame themselves for failure.

Parents can look for reports on all grades on Monday, March 1st.



# Exchange Spare Articles for Cash---Use Classifieds!

## The Vulcan Advocate

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Charles Clark & R. C. R. Munro, Publishers  
R. C. R. Munro, Editor

## Old Timers' Association

The Advocate's suggestion that Vulcan and district pioneers might well organize an old timer's club similar to the Cleverly Pioneer Club has received verbal support in most parts of the district and this week written support is given in a letter from the Berrywater local of the U.F.A., printed elsewhere in this issue.

Many of the pioneers of this district are now reaching the age where they have retired or are thinking of doing so and we believe that an old-timers association, with its annual reunion of friends

of pioneer days, would be welcomed by all these earliest settlers. Many of the original homesteaders or cattle ranchers are still living right in the district. Their original quarter-section may still be the site of the family home, although their holdings have probably increased to one or two sections or more.

It is reported that in 1903 there was an odd homestead filed on this side of the Little Bow, between Vulcan and Nanton. By 1904 several outfits were engaged in ranching in the immediate district now surrounding Vulcan and Nanton. By 1904 several more families came in as the homesteaders spread eastward from the Macleod Trail. The big homestead rush got well under way in 1906 and that year and 1907 marked the beginning of the change from cattle to grain. Supplies were hauled from Nanton and lumber and logs for building were brought from High River. The area became more thickly populated and in 1910 the railroad grade came through and the same year the present townsite was laid out. Steel came through in 1911 and in 1911 and 1912 the town saw tremendous growth and was incorporated as a village in 1913.

These were the pioneer years of Vulcan and district and those men who helped build the town and develop the land can best retain the memories of those early years through the formation of an "oldtimers" or pioneer association.

The Advocate will be glad to publish any letters or suggestions on this matter.

## Proper Vitamins Are Necessary to Health

Miss Ware of Kirkcaldy recently gave the following interesting paper in the subject of "Vitamins" at a meeting of the Kirkcaldy Women's Institute.

Vitamins are chemical substances necessary for health and normal development. They cannot be made in the body, but must come from food. Unlike fats, carbohydrates and proteins, they cannot serve as sources of energy. Various vitamins differ so much from one another in chemical structure that it makes one wonder why they belong to the same class of nutritive essentials.

All of them have their traits in common. They are found in small amounts in foods. Small amounts of them exert a great influence on the body. Vitamins must be supplied to both plants and animals in order that these plants and animals may live and grow. The name Vitamin indicates that these substances are essential for life.

Thirty years ago the word "Vitamin" was just coming into use. Today it is applied to those substances which occur in minute quantities in food, and yet produce profound and physiological effects. The vitamin which we recognize today as essential in human nutrition is for the most part formed by green plants and from them transferred to the bodies of animals.

The search for Vitamin A in food went forward by leaps and bounds after 1913. Not only fish liver, oils, eggs and butter, but all green leaves and yellow parts of plants proved to be excellent sources. Carrots and sweet potatoes were found to be rich in sources of vitamins, while white turnips and Irish potatoes furnish practically none. It has been established that the vitamin A that is found in the livers of salt water fish is not identical with that found in the livers of fresh water

fish.

The vitamin A content of milk is influenced to some extent by vitamin A diet. Butter made from milk of cows on a ration of ground oats, barley, wheat middlings, timothy hay or oat straw contains less vitamin A than milk from cows whose dry feed is supplemented by summer pasture. June butter is richer in vitamin A value as well as in color and flavor.

The milk from Jerseys and Guernseys is rich in carotene. Other breeds produce milk low in carotene and rich in the colorless vitamin A. Winter butter produced when cows are given dry feed, may contain only 2,000 units per lb. Summer butter averages about 12,000 units per lb. In experiments where cows have been given fish liver oils with their feed, butter containing 40,000 units per lb have been produced.

Every garden should be planned to produce as much vitamin A as possible. Carrots, spinach, sweet potatoes, green beans, peppers, peas and other vitamin A rich vegetables should be planted in larger quantities than parsnips, beets and white turnips. Celery and asparagus should be left green wherever conditions permit. Water cress should be grown. No garden is complete without a row of parsley. A tablespoonful of parsley daily can make the difference between sickness and health.

Vitamin A must never be looked upon as essential only to the young. At any age during life, inadequate vitamin A causes weakness, low resistance to disease, fatigue and poor vision. A severe infection of the eyes caused by the lack of vitamin A has been known in the Orient for centuries. In this disease the lids of the eyes become swollen, sore, perhaps ulcerated and the surface of the eye is curiously dry. If vitamin A is not given, blindness results.

During World War One, a serious outbreak of this disease occurred in Denmark. The warring countries were paying very high prices for butter, so many of the poorer Danes sold their milk produce and fed their babies skim milk and margarine. Many of their children became blind. The vision of others was saved by giving them butter and cod liver oil.

The vitamin once called vitamin B was in reality a group of which several are made in chemical laboratories. These synthetic vitamins are identical with those produced by nature and are used as efficiently in the body. The entire group apparently contain nine or more vitamins, and are spoken of collectively as Vitamin B Complex.

The best understood member of the group was formerly vitamin B1, but now known by its chemical name, Thiamin or Thiamin Chloride. They are found largely in seed foods such as cereal grains, nuts, dry beans, peas and soy beans. Amongst our source of animal origin are liver, kidney and heart. Pork meat contains from three to five times more Thiamin than do other meats.

Experiments were carried out at Mayo Foundation. Four young women lived on a diet almost lacking Thiamin for twenty-one weeks. These women quickly developed extreme fatigue, mental depression, lack of appetite, loss of weight and digestive disturbances such as gas pains and constipation. The became anemic, nervous, irritable and unable to sleep. It was found that they had very little hydrochloric acid in their stomachs. As time went on they developed a soreness and tenderness in their legs, which is recognized as symptoms of Neuritis. Their hearts became abnormal and in a few cases enlarged. In other words, by the simple means of a diet inadequate in Thiamin, heart disease developed.

The young women became so exhausted that it was impossible for them to carry on their work. By the twenty-first week, nausea developed in all cases followed by extreme vomiting. The experiment had to be terminated. Thiamin was

then injected into their veins! In four hours the women's appetites were normal. They became cheerful and the feeling of fatigue left them. Other symptoms disappeared more slowly. The flow of the stomach acid was normal in twelve days. The hearts were not normal until after the fifteenth day of the Thiamin treatment.

Thiamin Vitamin is the "pep" vitamin. A person who lacks Thiamin is lazy, tires easily, just can't take it.

The Riboflavin vitamin B2 and G is like carotene. Riboflavin is the coloring pigment. Liver is richest in this vitamin and yeast runs a close second. Riboflavin is not stored in fruits, roots or tubers.

Amongst the vegetables are beets, turnips, greens and carrot tops. These can always be used in soups. Green leaves contain almost twice as much Riboflavin as green stems. When a diet lacks Riboflavin, the oil producing glands of the skin of the face become abnormal, the skin of the nose, chin and forehead take on an oily appearance, fatty deposits accumulate under the skin, lips become red and peel. Corners of the mouth and eyelids become swollen and crusty oil scabs form.

The people of Bulgaria are outstandingly healthy as their diet consists largely of black bread and sour milk which are rich in Riboflavin. Although the population is small, more of the people live to be centenarians than amongst any other nation, and they retain their characteristics of youth to a late age.

Vitamin K is the blood clotting vitamin. Babies are born with a very limited supply of vitamin K. As a result hemorrhage in new born babies is frequent. Alert physicians will give babies pure vitamin K during the first hours of life.

How much protein do we need, and how much is it desirable to indulge in?

The Eskimo eats two or three times as much protein as most dwellers in temperate zones, and vigorous young tribesmen eat as much as nine pounds of meat daily when seals are plentiful. We must remember the Eskimo eats meat because he has to. An Eskimo family of four consumes four thousand pounds of meat per year, but bread, fresh vegetables, fresh fruits, salt and sweets are lacking. The Eskimo children suck frozen eggs as the children of America suck lollipops. There is very little carbohydrate food to be had.

A reindeer stomach now and then is a delicacy. It contains partly digested moss, lichens or the skin of young whales. This food, being rich in glucose enables him to burn fat in the body.

The home cooking methods in use today are largely those which have been handed down from mother to daughter through generation after generation and dates back to times when the science of nutrition was unknown. As a result it is probably true that in the majority of homes, out of every ten dollars spent on food, three dollars worth of actual nutritive value is either destroyed, or is thrown away before the food has reached the table.

If health is to be built up, scientific methods must be used in handling and preparing all foods.

The United States spends more than 30,000,000 dollars annually for snow removal from highways.

## CLASSIFIEDS

Classified Advertising Rates: 10 cents per count line, first insertion; minimum charge 50 cents. 5 cents per line second and subsequent insertions; minimum 25 cents.

### FOR SALE

SEED WHEAT FOR SALE  
Red Bobs 222, grown from second generation. Germination test 95%. Apply A. J. Knive, Phone 410, Vulcan. 28-1p

VANBEISSEN MINE TIPPLE  
Building for sale. Apply Secretary-Treasurer, Village of Carmangay, Alberta. 24-1c

FOR GENUINE ELECTROLUX  
Vacuum Cleaner Service, Sales and Supplies, write or phone Electrolux (Canada) Ltd., 300 Grain Exchange Bldg., Calgary, Alta., Phone M 5652. 38-c

FOR SALE—1930 MARQUETTE  
Coupe, in fair shape, \$275.00. 1928 Converted Buick Truck, 1-ton, \$125.00. Apply Box 553, Vulcan. 26-3c

FOR SALE—HENRY HERBERT  
Piano, small size, like new. Apply Mitchell's Drug Store. 26-1c

5-ROOMED HOUSE AND LARGE  
Lot for sale. Near school. Apply V. P. Schuler, Vulcan. 27-2p

6-ROOMED HOUSE FOR SALE.  
In Vulcan. Pantry and clothes closets. Back kitchen and coalshed attached. Good cellar, water in kitchen, very good well with automatic electric pump and tank in basement. 1 acre of land with plenty of land adjoining on west and north which could likely be purchased if desired. Electric lighting all through house. Easy to heat. Enquire at Vulcan Advocate office. 27-2p

FOR SALE—12,000 FEET NEW  
Lumber, Rough Boards, Dimension Lumber and Smooth-sided Slabs. Also 3 outstanding Milch Cows, just fresh, have good Hereford calves. C. M. Allen, Auctioneer, Vulcan. 27-1c

FOR SALE—PARCEL 1—  
Well located Dwelling situated on Lots 19 and 20, Block 5, Vulcan. At present used as United Church Manse. Possession—Feb. 15th, 1948.

PARCEL 2—  
Two Choice Building Lots. 50x 115 ft. Lots 3 and 4, Block 29, Vulcan. Apply Ross Walker, Ph. 262.

4-ROOMED HOUSE FOR SALE.  
Centrally located. Price \$1500.00. Apply Box 6, Vulcan. 27-3p

1940 FORD HALF-TON TRUCK  
for sale. New motor and transmission in January. Will take some trade. Apply Mike Beingsner, Phone 715, Champion. 28-2p

### WANTED

GENERAL TRUCKING  
E. N. Rushfeldt  
Phone R 2905 Vulcan

SUNNY ALBERTA SILVER  
Fox Ranch. J. Denbigh, Phone 1009. Highest prices paid for horses. Fresh rabbits, 25c. 40-ft

### ESTRAY

STRAYED—TEAM OF BAY  
Geldings, about 1400 lbs. Reward for information leading to recovery of these animals. Phone 805, Champion. 27-1c

### FOUND

FOUND—BLACK AND WHITE  
Spaniel, bob tail. Owner to pay cost of this ad. Phone R702, Vulcan. 28-1c

### POSTPONED

until  
Thursday, March 4th  
AUCTION SALE  
of Household Furnishings, etc.  
Mrs. Mary N. Mackie  
Owner, Arrowwood

Jos. Gerding  
Auctioneer  
Lic. 19-47-48

Canada is one of the very few nations lacking a national library.

South West Africa has a new gold strike.

It is estimated that there were 30,000,000 buffalo in America when the white man first arrived.

## Professional AND BUSINESS DIRECTORY

### Simpson & Son

Plumbing  
Heating Tinsmithing  
Business Phone 58, Res. 71 or 52  
Vulcan — Alberta

### Dr. David Nicol

DENTIST SURGEON  
Imperial Hotel Block, Vulcan  
Phone—Office 176, Res. 143

### C. A. Jamison, B.Sc., M.D.

Physician & Surgeon  
Office Phone 44  
Res. Phone 98  
Office Hours: 2 to 5 p.m. daily  
except Wednesday  
Carson Block Vulcan, Alta.

### H. J. Maber, K.C.

SOLICITOR, BARRISTER AND  
NOTARY PUBLIC  
Vulcan, Alberta  
Office Phone 45. Res. Phone 42

### John M. Jamison

BARRISTER — SOLICITOR  
NOTARY PUBLIC  
Imperial Hotel Bldg.  
Phone 39 Vulcan  
Residence Phone 34

### C. H. Hoskyn

MERCANTILE — AUTO  
DWELLING — GRAIN  
CASUALTY INSURANCE  
IN STRONG COMPANIES

### Canadian Legion

B.E.S.L.  
VULCAN BRANCH No. 21  
Complete Club Facilities  
Visiting Members Cordially  
Welcome

### FRANK McNIVEN

AUCTIONEER  
LICENSED & BONDED  
Licence No. 247-47-48  
Phone R404 Vulcan

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AUCTIONEER  
Licence No. 145-47-47  
Your Sales Solicited  
Phone 1310 Vulcan

### SKENE & GORMAN

Barristers, Solicitors, Notaries  
22 Canada Life Bldg.,  
Calgary — Alberta  
Telephone M2255

### CHURCH NOTES

UNITED CHURCH OF CANADA  
Vulcan Pastoral Charge  
Otto H. Rollis, Minister  
Sunday, February 29th  
11:00 a.m. "The Need for Christ"  
7:30 p.m. Lenten Meditation

CHURCH OF ENGLAND  
IN CANADA  
Vulcan Mission  
Rev. Vivian S. Lord, Vicar  
—Winter Schedule of Services—  
St. Aldhelm's, Vulcan  
Holy Communion 2nd and 4th  
Sundays at 11 a.m.  
Evening Prayer and Sermon at  
7:30 p.m. Every Sunday Except 3rd.  
Sunday School, Every Sunday at  
12:15 noon.

Outside Points (Afternoon Services)  
1st Sunday: Lomond, 2:30 p.m.  
2nd Sunday: Champion.  
3rd Sunday: Carmangay, 2:30 p.m.  
4th Sunday: Union Jack School,  
2:30 p.m.  
Other Services as announced

CHURCH OF CHRIST  
Services 11:00 a.m. and 7:30 p.m.  
Sunday School at 12:00 noon with  
classes for all ages.

EVANGELICAL  
UNITED BRETHREN CHURCH  
(20 miles S.E. of Vulcan)  
Sunday Services  
Sunday School at 10:30 a.m.,  
Worship Service at 11:15 a.m.,  
Youth Fellowship every other  
Friday evening.  
We invite our friends to worship  
with us.  
F. E. VORRATH, Minister.

### Commercial Printing

The Advocate  
Phone 36, Vulcan

## RULES IN CASE OF FIRES

1. Familiarize yourself with the location of windows and natural escapes.
2. Learn the position of all stairways, particularly the top landing and scuttle to the roof.
3. Keep the doors of rooms shut.
4. Wet a towel, stuff it in the mouth, breathe through it instead of nose, so as not to inhale smoke.
5. Never get excited, try to recall the means of exit.
6. If room fills with smoke keep close to floor and crawl along by the wall to the window.
7. NEVER go to roof, unless as a last resort and you know where there is escape to adjoining buildings.
8. Never jump through flames in a building without covering the head with a blanket or heavy clothing.
9. Open windows from the top.

Suggested by

BREWING INDUSTRY OF ALBERTA



## Old King Cole Didn't Have A Thing On Dad

All the King had to do was sit back, call for his pipe and fiddlers.

Maybe Dad can't call a tune but for solid comfort one of our big overstuffed chairs has a throne backed off the boards.

It just beckons Dad to relax, strike up his favorite mixture and read to his heart's content.

We have these chairs in a number of styles and sizes. AND A PRICE? Well, they are just as easy on the budget as the chair will be on DAD.

## Vulcan Furniture

F. GORBOUS

Phone 53

Vulcan

## What National Employment Service is doing for this Country



1,500,000 jobs were filled through the National Employment Service in twenty-two months—January, 1946, to November, 1947.

421,146 of these jobs were found for veterans.

5,534 more were found for persons in the higher earnings bracket through the Executive and Professional Division of the Service.

26,531 more of these placements were made through the Special Placements Division for physically handicapped workers—

204 for persons totally blind, 825 for persons totally deaf, and 53 for persons handicapped by double amputations.

Make full use of your local office of  
the National Employment Service.



## Department of Labour

HUMPHREY MITCHELL, Minister of Labour  
A. MacNAMARA, Deputy Minister

## Vulcan Municipal Hospital District No. 19

## NOTICE Hospital Service Tickets

All Service Tickets for 1947 expired on December 31, 1947, and CAN ONLY BE RE-NEWED UP TO FEBRUARY 29th, 1948. Holders of Tickets in the Hospital District during 1946 who did not purchase a Service Ticket in 1947, will be required to pay for both 1947 and 1948.

**POSITIVELY No Tickets Will Be Sold After the  
Last Day of February**

D. A. McAFEE, Secretary-Treasurer.

The federal cabinet is at least studying the Canadian butter situation.

Two-thirds of Punjab (India) province's milk supply is produced by buffaloes.

## Champion and District

Fire broke out in the combination work shop and garage on the George Baldwin farm, south-west of town, Thursday evening, February 19th. A new tractor, Army truck, lighting plant, a complete line of tools and other valuable articles were destroyed. The house was saved only by the prompt and continued action of neighbors. The origin of the fire is unknown and there was no insurance carried. Mr. Baldwin is a pioneer resident of the district.

There are, and, has been, numerous cases of the 'flu in town and district. The adults seem to have been the sufferers more than the children.

At the Municipal annual meeting held at Vulcan, Saturday, February 21st, Allan McLean and C. J. Versluys were nominated to fill the vacancy on the council for this district. The office was formerly held by Harold Matlock who has moved to Calgary. Election will take place in four weeks time.

Misses Audrey and Leora Maxwell were visitors at Lethbridge on Saturday.

Mrs. F. Clever and Mrs. E. Siler were Lethbridge visitors last week.

The blizzard of Tuesday night and continuing through Wednesday, February 18th, was the worst of the winter to date. School vans did not operate and very few of the town students attended classes. Mrs. C. Villet was substitute teacher for grades five and six for three days last week, during the absence of the regular teacher, Mrs. A. L. Siler, who was visiting at Calgary.

Mrs. J. Taylor, is at present in Lethbridge where she will remain for two weeks.

One rink consisting of Gordon Larsen (skip), James Buchan, Geo. Moses and Gordon Stewart left Saturday for Bellevue where they will participate in the open bonspiel which opened Monday, February 23rd.

Mrs. H. Jopling and Mrs. W. McIntyre, accompanied by their mother, Mrs. L. E. Bulman, of Bellingham, Wash., and Mrs. W. Everson, were Lethbridge visitors Tuesday and Wednesday.

Mr. and Mrs. P. Gatenby were Calgary visitors for a few days last week.

The Students Union of the High School held a skating party Friday evening, February 20, at the local rink. Hot dogs were enjoyed at the conclusion of skating.

Word has been received here of the death of Mrs. Jesse Goodnight, February 5th, at his home in Lacombe, Wash. His wife predeceased him last June. Mr. and Mrs. Goodnight were residents here for many years and operated a dairy on their farm, east of town. Three sons and six daughters are left to mourn, all residing in the United States.

Mr. and Mrs. Leon Coe and family of Vulcan were Sunday visitors at the home of Mr. and Mrs. Clyde Coe.

Miss Eva Latiff is spending a few days at Lethbridge, guest of Mrs. M. Cernulini and daughters.

Mr. and Mrs. C. G. Miller had as their house guest for a few days, the latter's brother, Mr. Beverly Russell of Davidson, Sask.

Rev. Peter Dawson, who is speaker of the house of the Legislative Assembly, is attending the assembly now in session at Edmonton. Mr. Dawson returns to Champion every weekend to officiate at Church which is now being held at 4 p.m., Sunday afternoons until further notice.

Mr. and Mrs. T. P. Carlson, accompanied by the latter's mother, Mrs. G. Kay of Vancouver, B.C., were Lethbridge visitors last week.

Mr. J. Taylor was a Lethbridge visitor, Friday.

Mr. and Mrs. Grant McLeod of Hobbema were weekend guests at the home of the latter's brother, J. Long and Mrs. Long.

The Champion Hockey Club played the Reid Hill team, Sunday afternoon, at the local rink. The score was Champion 4, Reid Hill 3.

Mrs. F. McLean and daughter, Miss Dorothy, are visiting at Red Deer for a week, guests of relatives.

Mrs. B. Hummel and daughter, Miss Racille, were Sunday visitors at Claresholm.

George F. Smith was elected by acclamation to the local school board recently, at a meeting held in the school. Mr. J. Long formerly held the office but did not stand for re-election.

Mrs. E. Siler was a business visitor to Calgary for a few days.

Miss Gloria Cernulini of Lethbridge was a visitor for a few days, guest at the home of Mr. and Mrs. T. Holm.

Mr. and Mrs. Max Groves, Keith and Elaine Groves and Patricia Watts were Lethbridge visitors on Saturday.

Mr. and Mrs. James Anderson were hosts, Sunday, when the entertained at a turkey dinner party. Covers were laid for eleven.

Mr. and Mrs. W. Warren and two small sons, left Monday on a motor trip to Anderson, Missouri, where they will be the guests of the former's uncle and aunt, Mr. and Mrs. Roy Warren, formerly of Champion, and other relatives throughout the state.

Mr. and Mrs. H. Marshman spent Saturday at Lethbridge.

Mr. and Mrs. Melvin Ashmore of Nordegg, are the happy parents of a baby daughter born on Sunday, February 22nd, at Nordegg. Mr. Ashmore is a native son of Champion and resided here until a few years ago.

One of the rinks from Champion which took part in the Lethbridge bonspiel last week, won fourth prize in the Hotelman's event. Members of the rink were W. Everson (skip), J. Mark, W. Keenan and H. Jopling. Each received a set of colored pyrex bowls as their award.

Ramon Hummel has accepted a position at Claresholm with Mr. Vard Coleman, formerly of Champion, where he will learn the butcher trade. Ramon is residing with Mr. and Mrs. Coleman.

Mrs. J. Mark, Mrs. W. Keenan, Mrs. H. Jopling and Mrs. W. Everson spent the latter part of last week at Lethbridge.

Mr. and Mrs. A. Bjornson entertained Sunday, at a family dinner party. Places were laid for sixteen.

Miss Jean Anderson was a Lethbridge visitor for the weekend. She was the guest of her grandmother, Mrs. B. Anderson.

Miss M. Carey was a weekend visitor at Barons, guest of her parents, Mr. and Mrs. T. Carey.

Mr. and Mrs. C. Hartung were visitors at Lethbridge last Tuesday.

Miss C. Rose was a Nobleford visitor during the weekend, guest of her cousin, Mr. and Mrs. J. Withage.

Mr. and Mrs. C. G. Miller and daughter, Miss E. M. Miller of Vulcan, were Sunday visitors at Lethbridge, guests of Misses Frances and Margaret Miller.

Mr. George Hartung returned home, Sunday, after being a patient in the Vulcan hospital for the past week.

Mr. L. M. Groves has been spending the past few weeks at Calgary.

### ELLIS—RACHER

Uniting two pioneer families of the Champion district was the marriage of Audrey Leone Racher, daughter of Mr. and Mrs. Frank S. Racher, and William James Ellis, son of Mrs. W. J. Ellis and the late Mr. Ellis, all of Champion, on Tuesday, February 17th, the groom's birthday anniversary, at 3 p.m. in the Latter Day Saints Church, Calgary. Bouquets of pastel toned spring flowers formed a floral setting for the ceremony.

Bishop C. Urnsbach officiated, assisted by Mr. Morgan Smith of Champion. Given in marriage by her brother, W. R. Racher, of Champion, the bride was attired in a winter wool crepe frock accented with gold nailhead trim on the fitted bodice and featuring a circular hip length peplum over a pencil slim skirt. A small model hat and accessories in brown tone completed her ensemble. Deep pink rosebuds formed her shoulder corsage and she wore as her only jewelry the groom's gift of a triple strand of pearls.

Miss LaQuita Lomheim, of Champion, as bridesmaid, wore a beige with blue pin stripe wool tailored suit, the jacket opening over a blue blouse. Her hat and accessories were of dark brown tone and her corsage was of red carnations.

George L. Ellis attended his brother and the guests were ushered by cousins of the bride and groom, Bob Long and James Carlson, of Champion. Miss Earl was organist.

Following the ceremony a reception was held at the Harris Sky Room when the bridal party was assisted in receiving the guests by the bride's mother and the mother of the groom. The former chose for her daughter's wedding an afternoon frock of black and white checked silk jersey, black hat and accessories, completed by a corsage of pink rosebuds and mauve hyacinths, while an afternoon model in cinnamon brown tone was chosen by Mrs. Ellis, whose hat and accessories were also black. A corsage of tea roses and white hyacinths completed her attire. The bride's table decorated with pale pink streamers was centered with a three-tiered wedding cake and flanked by vases of daisies and red tulips. Mr. Morgan Smith proposed the toast to the bride to which the groom responded. Mr. and Mrs. Ellis left later, by motor, for Banff, where the honeymoon is being spent, the bride travelling in her wedding ensemble topped with a mist blue wool coat with tie collar of mink. Upon their return the newlyweds will take up residence on the Ellis farm in the Champion district.

Among those attending the wedding from Champion were Mr. and Mrs. Glen Racher and daughter, Diane, Mr. and Mrs. A. L. Siler, Mr. and Mrs. Morgan Smith, Mr. and Mrs. A. Bjornson, Mr. and Mrs. Howard Orcutt, Mr. and Mrs. J. Long and Miss Yvonne Long, Miss LaQuita Lomheim, W. R. Racher, Frank Griffin, John Carlson and James Carlson.

The Advocate joins with their many friends in wishing Mr. and Mrs. Ellis a long and happy married life together.

## FARM LIGHTING

YOUR OPPORTUNITY TO INSTALL NOW  
AT WORTH-WHILE SAVINGS

## New and Rebuilt Electrical Equipment

WE OFFER THE FOLLOWING:

- 1—500 Watt Wincharger (Rebuilt)
- 1—1000 Watt Wincharger (New)
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- 1—1400 Watt Wincharger (Rebuilt)
- 2—40 ft. Steel Towers, Suitable for Winchargers
- 1—32 Volt Welder, 20-200 Amp.
- 1—Set 15-Plate 304 A.H. 32 Volt Batteries
- 1—Set 17-Plate 360 A.H. 32 Volt Batteries
- 1—Set 19-Plate 405 A.H. 32 Volt Batteries
- 1—850 Watt Delco Plant
- 1—750 Watt Delco Plant
- 1—750 Delco Plant Automatic
- 1—Duro Deepwell Pump Head
- 1—Walter "V" Belt Pump Jack

## VULCAN ELECTRIC CO.

Radio &amp; Electric Sales &amp; Service

Phone 127

Vulcan

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MAKE ARRANGEMENTS  
FOR YOUR SEED NOW!

Flax can easily be your most profitable crop. Plan to put some acreage into flax this year. Write today for this free booklet containing complete information—from the selection of the flax field to the use of the new chemical weed sprays. Let flax be a money-maker for YOU this year!

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All information contained in "Flax The Money-maker" has been approved by the Dominion, Manitoba, Saskatchewan and Alberta Departments of Agriculture.

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Please send FREE new Book: "FLAX The Money-maker."

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Address.....

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PRESENTS

## 2 ONE-ACT PLAYS

"HIS! SHE'S A MAN"

and

"THE CURTAIN FELL"

Plus -- Added Entertainment

## ALSTON HALL

WED., MARCH 3rd

AT

8:30 P.M. SHARP

Admission: Adults 50¢—Children 25¢

DANCE FOLLOWING



## 18 HOURS Good Listening Every Day!

Eighteen hours a day... 365 days a year... CJOC brings to its listeners the finest in broadcast entertainment.

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THEATRE

MONDAY AT 7:00 p.m.

5000  
WATTS OF  
POWER.

**CJOC**  
LETHBRIDGE

1220  
ON THE  
DIAL



These Business Firms  
Will  
Serve You Well

# THE COMMUNITY PAGE

Patronize Them  
For  
Your Requirements

**R & S MOTORS**  
C. J. ROBINSON A. G. SAXBY  
DODGE AND DESOTO  
SALES & SERVICE  
R. B. Middleton  
CASE FARM IMPLEMENTS  
McCOLL-FRONTENAC PRODUCTS  
Phone 150 Vulcan, Alta.

## "Shop at Home"

Vulcan merchants take great pride in their town and endeavor to bring about all the improvements necessary to give their customers the best in shopping satisfaction, both as to merchandise and shopping service.

District residents are becoming more and more conscious of the advantages of shopping in their community too. Not only is it convenient, but the quality of the merchandise available right here at home is the equal of that obtainable elsewhere. Anything and everything can be bought in Vulcan where practically every phase of business life is represented.

"Shop Locally" may be the slogan of the merchants, but it is much more than that. It is an invitation and a bit of wise counsel for the residents to patronize their merchants and at the same time to take advantage of the excellent services being offered close to home.

MAKE VULCAN YOUR SHOPPING CENTRE

## MITCHELL'S DRUG STORE

PROTECT YOUR HEALTH  
CALL YOUR DOCTOR EARLY

WE CARRY A FULL LINE  
OF FRESH, PURE DRUGS  
TO DISPENSE YOUR  
PRESCRIPTIONS

Phone 12

Vulcan, Alta.

## Banks & Banks

Chrysler-Plymouth  
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SALES AND SERVICE  
General Trucking  
Gas and Oil Products  
Phone 99-R3 Vulcan, Alta.

## Errett King

PHM. B.  
Druggist and Stationer  
• PRESCRIPTIONS  
• DRUGS  
• TOILETRIES  
Phone 102 Vulcan

## FLEMING'S Groceries

AND MEAT MARKET  
Fresh Fruits  
Groceries  
Phone 47 Vulcan

## GORDON CRANSTON

FAMILY CLOTHIER  
Shoes for every member  
of the family  
Phone 35 P.O. Box 588

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W. SORGER, PROP.  
Patronize a Local Industry  
—Insist On—  
GOLDEN WEST FLOUR  
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FROZEN FOODS  
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SEE US ABOUT  
TRACTOR TIRES  
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We Specialize In  
STARTING-LIGHTING  
AND IGNITION  
Electric Wiring  
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## MORRISON & OLSEN

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FARM EQUIPMENT  
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KEMTONE  
MIRACLE WALL FINISH  
SERVEL  
Kerosene Refrigerators  
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Phone 111 TAXI SERVICE Res. Phone 90  
**CENTRAL GARAGE**  
G. A. DAHL, Proprietor  
— DEALERS FOR —  
Pontiac - Buick - G.M.C. Trucks  
OLIVER FARM MACHINERY PHILCO RADIOS  
ALL GENERAL MOTORS PARTS IMPERIAL OIL PRODUCTS

## F. M. ANDERSON & CO. LTD.

FOOTWEAR  
FOR THE WHOLE FAMILY  
Dry Goods, Ladies' Wear, Men's Outfitters  
Children's Wear  
Phone 25 Vulcan, Alta.

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INTERNATIONAL HARVESTER  
SALES & SERVICE  
SEE US NOW ABOUT THAT  
TRACTOR OVERHAUL JOB  
We have a good stock of parts on hand and we  
can give you prompt and efficient service.  
Phone 63 Vulcan, Alta.

## Vulcan Co-Op. Association Ltd.

L. F. DAWSON, MGR.  
Everything For The Builder.  
Paints — Oils — Wallpaper  
LIVESTOCK AND POULTRY FEEDS OF ALL KINDS  
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CHAS. NORTHCOTT, PROP.  
Quality Groceries — Fresh Fruits — Vegetables  
THE MODERN HEADQUARTERS  
FOR YOUR FAMILY GROCERIES  
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They are the best makes in their lines  
• ENTERPRISE RANGES • DUO-THERM OIL BURNERS  
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• KRYANIZE and STEPHENS PAINTS  
**VULCAN SUPPLY CO.**  
G. C. & A. H. COLLIER  
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Local & Long Distance  
TRANSFER  
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QUALITY MEATS  
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# FREE - THEATRE TICKETS - FREE

—THE PLAN IN A NUTSHELL—

## DON'T MISS YOUR NAME!

Each week there will appear in the advertisements on this page the names of people living in Vulcan and district. Simply locate your name in one of the advertisements, clip out the advertisement, present it to the Advocate office and you will receive absolutely free two theatre tickets to the Vulcan Theatre with the compliments of the advertiser in whose advertisement your name appeared.

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FULL COURSE MEALS  
TASTY LIGHT LUNCHES  
Vulcan • • • Alberta

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Men's and Boys' Wear  
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THE HOME OF  
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Choice Fresh & Cured Meats  
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We Specialize In  
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Everything in  
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Plumbing — Heating  
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COMPLETE ELECTRICAL AND RADIO SERVICE  
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WINDCHARGERS, ELECTRICAL SUPPLIES, ETC.  
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Radios, Refrigerators, Wash-  
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Remember  
**WESTINGHOUSE**  
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E. & J. Van Dellen  
Specializing In  
COLD WAVES  
MACHINE PERMS  
Hot Oils and Dandruff Cure  
Shampoos and Finger Waves  
Phone 112 Vulcan  
Evening Appointments On Request

## DONILY'S Bowling Alleys

LADIES —  
Meet at Donily's Bowling  
Alleys for the best of Re-  
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ternoon's pleasure.  
All New—Most Modern  
VULCAN ALBERTA

## White Rose Service Station

White Rose Products  
STUDEBAKER  
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DOMINION TIRES  
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## HANSON Beauty Shoppe

SPECIALIZING IN  
• Finger Waving  
• Hair Tinting  
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Permanent Waving  
WE Recommend  
"BETTY ANN" COSMETICS  
Phone 132 Vulcan

GET YOUR FEEDS AND  
CONCENTRATES AT THE  
**Vulcan  
Feed Store**  
Miracle - Shur-Gain - Gold  
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Alberta Poultry  
Producers, Ltd.  
Chas. W. Boutland, Mgr.  
Top Prices for  
All Poultry Products



## English China

Just received another shipment of cups and saucers. These ones are of prewar design and quality.

Don't forget your

### St. Patrick's Day and Easter Cards

We carry the famous Coutt's line exclusively. Also Coutt's Birthday and Special Occasion cards.

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## "VULCITE" VALVE SEAT INSERTS

Made from Special Alloyed Iron

THEY WITHSTAND  
IMPACT, HEAT and CORROSION  
ACCURACY GUARANTEED TO .001"

- Regular sizes in stock
- Special sizes made to order

BRING IN YOUR CYLINDER HEADS

## VULCAN GARAGE & MACHINE SHOP

## ANNOUNCEMENT

We wish to announce that we have rented our business known as the Vulcan Bakery to

MR. J. ROFLER

We extend to our many friends and customers in Vulcan and district our sincere thanks for their patronage and co-operation in past years and trust that Mr. Rofler will be extended that same co-operation and your continued patronage.

Vulcan Bakery  
A. Pendle

## Don't Neglect That Car!

- Right now your car needs attention like it never did before. Our Southern Alberta weather, with its quick changes and extremes of temperature, requires perfect automobile performance.
- And there is another thing you should remember—your car will be worth more when you trade it in on that new one if you give it careful attention now.
- Drive in to the R & S Motors for expert auto treatment.

## R & S MOTORS

DODGE & DESOTO  
Sales and Service

TEXACO PRODUCTS CASE MACHINERY  
Phone 150 Vulcan

**MILO**  
Congratulations to Mr. and Mrs. Marwood (Smokey) Jones on the birth of a son.  
The U.F.W.A. held a social evening and dance on Friday, 6th in

the I.O.O.F. hall. In spite of the storm and cold it was well attended. Court whist, bridge and bingo were in play winners for bridge being Mr. and Mrs. C. Carson. For whist Mr. R. Scott and Mrs. Con. Peterson.

## District News

### Lomond H. & S. Hears Report

The Lomond Home and School Association met in the Community Hall on February 11 with twenty-five members and visitors present. A financial report was given by the secretary-treasurer. Generous contributions have been received from various organizations in the community. The Amateur Night and Dance are slated for March 19.

At the conclusion of the business meeting the program committee introduced the guest speaker, Constable Macleod, who gave an interesting paper entitled "The Children of the Community." Lunch was served.

Note—The regular meetings of the Lomond Home and School Association are held in the Community Hall on the second Wednesday of every month. Everyone is welcome.

### ENSIGN

Mr. and Mrs. Collison had as their visitors, this week, Mrs. Larkins of Champion and Mrs. S. Craig of Lomond.

Little Hobbie Oakes has returned from the hospital and is reported to have made some progress.

Mrs. Barker entertained the Ladies Birthday Club at a tea on Tuesday last, the purpose of the tea being to organize for the year.

### BERRYWATER

Mrs. Matt Dawson left on Saturday by plane for Elmira, Ont., where she was called owing to the death of her sister, Mrs. Ed. McHugh. The sympathy of the district is extended to her in her bereavement.

Miss Marjorie Loye of Calgary was a weekend visitor at her home in the district.

Mrs. Rudd, Warden and Barbara are Calgary visitors this week, where Warden will undergo a tonsilectomy.

Mrs. Alan Smith is relieving Mrs. Schierman of teaching duties at the Red Cross school, while she is spending a few days visiting with her mother, who is ill.

The D. B. Smith school-bus snow plow endeavored to clear a road to Red Cross on Thursday last and during the process of the job received "shovelling" assistance from 11 neighborhood men. The result was that the road was opened from Berrywater to the corner west of Mayview, where there was a clear trail to Vulcan. Later, on Saturday, the Municipal plow finished clearing the road to Red Cross.

Sunday guests at the N. K. Budd home were Mr. and Mrs. Gordon Gardner and family of Kirkcaldy, and the Warden brothers.

### ARMADA

Mr. and Mrs. C. Boe have journeyed to Vernon, B.C., by train to visit for some time with their son and daughter-in-law, Mr. and Mrs. Mervin Boe.

The Armada Legionaires held their first smoker in their new hall on Wednesday, February 11. About 30 were present from the surrounding district.

Recent Calgary visitors include Mr. and Mrs. L. Magnusson, Mr. and Mrs. S. Erickson, Mr. Merle Pearson and Mr. and Mrs. Hugh Hanna.

Mr. and Mrs. Stan Marks and son spent a few days at the home of Mr. and Mrs. G. Stokes.

Miss Ivy Stokes, formerly of Armada and now of Calgary, has purchased a half-interest in a beauty shop in Calgary. She has been hairdressing in Calgary for three years. All the best of luck goes to her in her new business venture.

### KIRKCALDY

Mrs. H. Roebuck and Mrs. Bob Middleton were joint hostesses at a birthday party on Thursday at the school, in honor of their sons, Rodger and Blain, who celebrated their 10th and 9th birthdays respectively. A very enjoyable time was had by the pupils, and after opening their gifts a delicious lunch was served.

Mrs. H. Mitchell underwent an operation in the Claresholm hospital on Friday. She is progressing as well as can be expected and her many friends wish her a speedy recovery.

Friends are sorry to hear wee Joanne, daughter of Mr. and Mrs. B. Carnegie, has been a patient in the Vulcan hospital for the past week.

Mrs. Frank Middleton and Mrs. Bob Middleton are Calgary visitors this week, participating in the bonspiel at the Glencoe Club.

Mr. and Mrs. G. Voisey, Champion, were visitors at the Urquhart home on Tuesday.

Friends will be glad to learn little Jacqueline Urquhart is better after being confined to her home for the past three weeks with a very severe cold.

Mrs. Mac Carnegie and Mrs. Goshwosky were Lethbridge visitors Saturday.

Ivan and Homer Haga were business visitors to Calgary on Monday.

Mr. Howard Hagg and Mr. Sam Colwell were Calgary business visitors Mondays.

Mr. Bus Carnegie has accepted a position with the Alder Bros. at Champion.

Mr. and Mrs. C. Hollister and Betty were Sunday guests at the home of Mr. and Mrs. J. D. McDougall of Champion.

Bob and Frank Middleton returned from Olds on Saturday and report a good time at the bonspiel there and also brought home one of the prizes.

Mrs. G. Urquhart was a Calgary visitor Monday at the home of Mr. and Mrs. C. Dairs, formerly of Champion, who celebrated their golden wedding on February 23rd. Many friends and old timers called to congratulate them during the day.

Tune In Every Sunday  
6:30 to 7 p.m.  
"FULL GOSPEL TIME"  
Over Station  
CJCI

"All things are possible to him that believeth."  
Mark 9:23

Fun!  
Music!  
Prizes!

RUSS  
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"SINGALONG"

The songs you love  
to sing and hear

CFAC

every Tuesday and Thursday

at 11:45 a.m.  
following THE HAPPY GANG



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OLD TIME MUSIC  
9:45 SATURDAY NIGHT  
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"SLIM BRYANT'S WILDCATS" are sponsored  
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We now have a good supply of  
ALARM CLOCKS

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## LLOYD'S JEWELRY

Phone 175, Vulcan

## THESE ITEMS AT HALF-PRICE

Friday & Saturday - Feb. 27-28

7 Two-toned Cord Jackets, reg. 7.50	3.75
3 Two-toned Tweed Jackets, reg. 7.50	3.75
4 Fancy Loafer Coats, all wool, reg. 10.00	5.00
2 All Wool Tweed Jackets, reg. 9.50	4.75
4 Children's Snow Suits, half price	3.95
9 Boys' Rayon Zipper Jackets with wool cuffs and bottoms, reg. 3.00	1.50
4 Boys' Twill Zipper Jackets, reg. 4.95	2.45
8 Men's Rayon Jackets, reg. 3.00	1.50

THESE PRICES WILL SAVE YOU DOLLARS!

## PETE McASKILE & SONS

Men's Wear

Groceries

## Donily's Bowling Alleys

open at 12 noon daily

Prizes will be awarded each week for Men's High Single and High Three and Ladies' High Single and High Three.

### TOP SCORES LAST WEEK

HIGH SINGLE—Jack Smith 317 Marj McIvor 254  
HIGH THREE—Charles Scott 695

### CRANSTON HIGH THREE TROPHY

High Score to date—O. O. Donily 802

### DONILY'S HIGH SINGLE CUP

High Score to date—Dave Brooks 335

## EASIEST WAY to paint your rooms!

RIGHT OVER WALL PAPER AND MANY OTHER SURFACES!  
**Kem-Tone**  
MIRACLE WALL FINISH  
\$4.95 PER IMP. GAL. CONCENTRATED PASTE FORM

ALL THESE ADVANTAGES  
1. Covers all surfaces — wallpaper, painted walls, plywood, brick interiors, etc.  
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3. Dries in one hour.  
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AS LOW AS 20¢ A ROLL

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YOUR Kem-Tone DEALER



# VULCAN THEATRE

## AIR CONDITIONED

Thurs. Fri. Sat., Feb. 26, 27, 28

One Show Thursday and Friday at 8:15 p.m.  
Two Shows Saturday Evening at 7:30 and 9:30

### "Dark Passage"

Humphrey Bogart      Lauren Bacall  
Bruce Bennett      Agnes Moorehead

Mon. Tues. Wed., Mar. 1, 2, 3,

One complete show nightly at 8:15 p.m.

### "That Way With Women"

Dave Clark      Martha Vickers  
Sydney Greenstreet

also  
"THE ROYAL WEDDING"  
In Technicolor

Thurs. Fri. Sat., Mar. 4, 5, 6

### "Treasure of Sierra Madre"

Humphrey Bogart      Walter Houston  
Tim Holt      Bruce Bennett

also  
Barbara Ann Scott Winning World Title

## COAL-FED BACON ON THE HOOF



Did you know that hogs thrive on coal? Ross Bennett, of Pueblo, Calif., owner of the hogs being fed here by Miss Marie Massarotti, says that coal-and-rock-salt is an excellent conditioner for hogs. He feeds his 70 porkers a ton of slack coal a month and 100 pounds of rock salt. He gets the coal at \$5 a ton, which is also cheaper than corn or grain. Because the coal keeps the hogs in top condition, says Bennett, they derive more good from what they eat and thus require much less corn. They seem to be enjoying the shovel of coal donated by Miss Massarotti here.

## Brief Items of Local Interest

Mrs. W. A. Shields of Hillcrest is visiting this week at the home of her parents, Mr. and Mrs. M. R. Morrison.

Mr. and Mrs. W. Rayner of Calgary are visiting at the E. G. Hansell home.

Mr. Charles Fleming is a Hanna visitor this week, where he has been called owing to the serious illness of his mother.

Friends of Tommie Brooks, who has been a patient in the Colonel Belcher hospital for some weeks, having undergone an operation there, will be pleased to learn he was sufficiently recovered to spend a 48 hour leave with his mother and uncle, Mrs. Brooks and Mr. T. T. Carruthers, at the weekend.

Mrs. Agnes McKay is at present a Calgary visitor, where she went to be with her mother, "Grandma" Marshall, who is ill.

Mrs. Ralph Clark is spending the week with her parents, Mr. and Mrs. Russel Carruthers, in Calgary.

The Ladies Auxiliary card party held in the Legion Hall on Monday evening was highly successful and was well attended. The lucky ticket for the Tip-Top suit was held by C. H. Andrews.

Mr. and Mrs. Dave Crabb left by plane the first of the week, for a holiday at the coast.

Word has been received here of the death in a Victoria hospital, on Monday, of Rudolf Myers. Mr. Myers, who is an uncle of Percy and Billy Myers, homesteaded in the Red Hill district many years ago. He has made his home at the coast for some time.

Mr. and Mrs. Glen Dahl were business visitors to Lethbridge on Sunday. They were accompanied by Miss Margaret Hanson.

The Everett Todd house was moved into town on Tuesday morning and set on the foundation laid for it last fall. It is across the road from the brick school, and remodeling will commence on it immediately.

Friends of Miss Marion Sissons will be sorry to learn of the recent death of her father, at Clive, Alta. Miss Sissons had completed her plans for leaving on a holiday to California when she received word of the serious illness of her father. She then journeyed to her home instead and was able to be with him.

Alston Jr. U.F.A. members are presenting two one act plays at Alston Hall on Wednesday, March 3rd. There will be added entertainment and a dance following.

Misses Ruth Craig and Mary Lou Searcy of Calgary were guests at the R. A. Clements home over the weekend.

K. Roy McLean, optometrist of Calgary, will be in Vulcan at the King Drug from 11 a.m. to 5:30 p.m. on Monday, March 8th. Consult Mr. McLean in his Calgary office, 1015 Southam Bldg., daily except Monday.

Chester Rea is a Calgary visitor this Thursday, attending a conference of Kaiser-Frazer dealers and factory representatives.

Mrs. Elmer Jones is a visitor this week to Calgary, where her father, Mr. Homer Howerton, is seriously ill in hospital.

Gordon Bell of the Scales Motors is at Lethbridge this week taking an advanced General Motors service training course, which includes a special training in hydramatic drive.

The next meeting of the St. Aldhelm's Guild will be held on Thursday, March 4th, at 3 p.m., at the home of Mrs. A. H. Collier.

One Vulcan rink is participating in the ladies' bonspiel at Calgary this week. Members of the rink are: Mrs. Gail Walker (skip), Mrs. Irma Middleton, Mrs. Dora Middleton and Mrs. Opal Drummond.

Group 3 of the Women's Association of the United Church is sponsoring Queen's Easter Fashion Parade and Tea in the Oddfellows' Hall on Saturday, March 13th, at 3:30 p.m.

Les Jones and Miss Fern Grassick, who are attending the Alberta Bible College in Calgary, were weekend visitors at the home of the former's parents, Mr. and Mrs. R. E. Jones.

The Missionary Keystone Class of the Church of Christ met at the home of Mrs. Elmer Jones last Thursday with ten members and two visitors present. A letter was read from Miss Edna Hunt, who is doing missionary work in India. She is a graduate of the Alberta Bible College and likes the work very well. A report of the visiting committee showed that some twenty sick and shut-in calls had been made. The next meeting will be held at the home of Mrs. James Chapman on Thursday, March 4th, at 2:30 p.m.

## VULCAN WOODWORKING Co.

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Chrome Furniture  
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Phone 277

## Notice!

ALL GASOLINE PUMPS are to close at 6:30 p.m. on week days excepting Saturdays, with the further exception of one (1) Service Station to be elected, which may stay open until 8:00 p.m. and must remain open all day on public holidays, Sundays and Wednesday afternoons. The hours for Sundays and holidays to be from 10:00 a.m. to 12 noon and 1:00 p.m. until 4:00 p.m.

Sunday, Feb. 29th—  
SCALES MOTORS

## Rubber Footwear FOR SPRING

MEN'S KNEE BOOTS ..... 3.95

BOYS' KNEE BOOTS ..... 2.50

WOMEN'S HIGH CUT ZIPPER BOOTS ..... 3.95

CHILDREN'S PULL-ON BOOTS ..... 2.25

NYLON HOSE  
Fine Gauge, Seamless. Per pair ..... 1.49

PURE SILK HOSE, Extra Fine, Full-fashioned. In a new Dark Shade for Spring. Per pr. .... 1.65

### PLAIN SHOE RUBBERS

For Men, Women, Boys, Girls and Children  
— In All Sizes —

### CHILDREN'S SHOES

A large well assorted stock in all sizes  
"Hewetson" & "Savage" brands of quality  
Infants' — Girls' — Misses'  
Black, Brown and White

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Time has passed when you thought you had to take a part or accessory that wasn't GENUINE because your source of supply was temporarily out of stock. Our parts and accessories shelves and bins are now fully stocked.

Before winter or leaving on that holiday trip—why not drop in here and replace whatever you have been doing without? be positive the new or replacement item is made right, fits right and will last longer. Drive in soon.

OFFICIAL A.M.A. GARAGE

## VEL

1 Large and 1 small for the price of 1 Large Pkg.

## INSTANT COFFEE

2-oz. jars Maxwell House and Sanka just arrived

FRESH TOASTED MARSHMALLOWS

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JENKIN'S POTTED CHICKEN SANDWICH MEAT

Oranges, Lemons and Grapefruit down in price

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Canada's 1946 tobacco production was the largest ever recorded, the bulk of it grown in Western Ontario.

## Public Meeting

Sponsored By

Vulcan Board of Trade

In

Legion Hall

Thurs. Eve, March 4th

at 8.00 o'clock

### SPEAKERS:

MR. DAVID H. ELTON, K.C.

Past President of Lethbridge Community Chest will outline the advantages of a Community Chest and the procedure for the organization of same should it be decided to set up such an organization.

MR. ALEX SNOWDEN

Chairman of Roads Committee of Lethbridge Chamber of Commerce will give a short talk on Highways.

Do not miss this meeting as everyone's opinion should be expressed on these matters.

EVERYBODY IS REQUESTED TO ATTEND